

RAINBOW MESSENGER
SEPTEMBER, 2006

DAILY ACTIVITIES:



- **WALKING** - In climate-controlled banquet room, twenty-five (25) laps equals a mile



- **Outside Walking Trail** - 1/3 Mile



- **FITNESS ROOM** - Open for your convenience Monday – Friday from 8:00 a.m. to 3:45 p.m. (We ask that you please register at the front desk when using the fitness room.)



- **CARDS** - Card tables available for your use on a daily basis.



- **BILLIARDS/POOL** - Pool tables available Monday – Friday from 8:00 a.m. to 3:45 p.m. except Wednesdays from 1:00 p.m. to 3:45 p.m.



- **COMPUTER LAB** - The computer lab is available for your personal use daily. **FREE** computer assistance is available every Wednesday morning from 9:00 to 10:30 a.m. Ryan and Jack are here to assist you and answer your questions regarding computer questions. Come in and let them help you out!!

REGULAR SCHEDULED ACTIVITIES:



- **EXERCISE CLASS** meets Monday and Thursday mornings at 9:00 a.m. We'll meet upstairs unless the Banquet Room is rented. On Monday, Sept. 25th and Thursday, Sept. 28th we will be meeting downstairs.



- **CRAFTY CREW** will meet on Tuesday mornings from 9:00 a.m. to 12:00 noon. Look forward to seeing you with all of your ideas.



- **LINE DANCE LESSONS:** 6:00-9:00 p.m. on Wednesdays in September. Cost of the session is \$3.00. Please wear tennis shoes.
 - We'll be having an advanced and beginners' line dancing class. The advanced class will be from 6:00 p.m. to 7:30 p.m. and beginners class from 7:30 p.m. to 9:00 p.m. If you have any questions, please feel free to call: 482-4455.



- **SINGING SENIORS** meet Friday mornings at 10:00 a.m. at the Arnold F. Habig Community Center. We will be singing at Northwood Good Samaritan Health Center on **Friday, September 15th at 10:00 a.m.** All voices are welcome!!

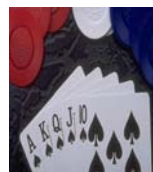
- **BINGO** will be held on **Tuesdays, September 12th and 26th** with games beginning at 12:00 noon. We ask you to keep bills to \$5 and under or correct change. Thanks for your cooperation. Cost \$1.00 per card to play all 50 games. Beginning at 11:30 a.m. someone will be there to collect.

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• TRIPS:



- **QUILTING BEES** will be held on **Mondays, September 11th** and **September 25th** from **9 a.m. to 3 p.m.** Lunch is furnished for all Quilters.



• **CARD TOURNEYS**

- **Thursday, September 7th** - Cinch Tourney.
- **Thursday, September 14th** - Rum Tourney
- Games start at 12:00 (noon), \$1.00 entry fee is requested and prizes will be given away. Please sign up by 10:00 a.m. the morning of the tourney.

• **BLOOD PRESSURE CHECKS**



- **Tuesday, September 12th** from 11:30 to 12:00 noon at the Arnold F. Habig Community Center.

- **SUNDAYS:** **The responsibility of the Host/Hostess is to lock and unlock the Center at 1:00 p.m. Refreshments are available and snacks are in the goody box for a minimal fee.**
- **In order for the Center to be opened on Sundays, volunteers are needed to be host/hostess. Please call the Center to volunteer at 482-4455. Remember the Center is open on Sundays from 1:00 to 4:00 p.m.**

• **SPECIAL ACTIVITIES:**

- **The Lunch Bunch:** Join us for lunch at the Hong Kong Chinese Restaurant in Southgate Plaza on **Thursday, September 28th** at **11:15 a.m.** They have a buffet or you can order from the menu. Hope you'll join us for lunch out - it's dutch treat. Please call **reservations** in to the Center by **3:00 p.m. on Monday, September 25th.**

- **CASINO AZTAR** – By popular demand the Center is offering a trip to Casino Aztar on **Thursday, September 21st** leaving the Jasper Armory parking lot at **8:30 a.m.** Each person gets: \$5.00 tokens plus a buffet or \$6.00 off a meal at certain restaurants in the Casino Aztar Complex. We must stay on Casino Aztar property for 5 hours to get this deal. This is just like in the past. Casino Aztar **sign-ups start at 1:00 p.m. on Tuesday, September 5th** in the Community Room of the Center. As in the past, each person can sign up to four (4) Dubois County Senior Citizens at one time. Pick-ups can be made in Huntingburg upon request. Please have one (1) phone number per group. Cost of the trip is \$5.00 per person. (Please have correct change.)


SPRING MILL STATE PARK: How about a trip to Spring Mill State Park on **Wednesday, September 27th** **leaving the Armory at 9:45 a.m.** Enjoy lunch at the Inn, which they have just remodeled. They have a buffet with a full salad bar, soup, hot bar, plus hot and cold desserts. After lunch we can go to the Mill and spend some time at the Gus Grissom Memorial. Cost of the day will be: \$24.00 for State Park Admission, meal, tip and transportation. **Sign-up starts at 7:30 a.m. on Thursday, September 7th** by phone only. **Money is due by 3:00 p.m. on Tuesday, September 12th.** Persons can be picked up in Huntingburg upon request. The charter will pick up there before heading to Jasper.

OCTOBER TRIP: DERBY DINNER – We have tickets reserved for the **Wednesday, October 25th** performance of Derby Dinner's **"SMOKE AND MIRRORS"**. We will **leave** the Jasper Armory at **9:30 a.m.** This is "a riveting mystery-comedy set off the Gulf Coast as a power-hungry producer lures the help of his timid screenwriter to get rid of their insufferable star. One surprise after another will keep you guessing from start to finish in this hilarious who-dun-it." **Sign-up starts at 7:30 a.m. on Friday, September 22nd** by phone. Cost of the trip is \$44.00 which includes: transportation, buffet, tip, play and coffee or tea. **Money is due by 12 (noon) on Friday, September 29th.** Derby Dinner requests the count in early.



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DUBOIS COUNTY COUNCIL ON AGING ANNUAL LUNCHEON is on **Tuesday, September 19th** at the Arnold F. Habig Community Center. Doors open at 11:00 a.m. Reservations are due by **September 6th** and can be made by calling: Reynold L. Knust at **367-2429** or Charles Seger at **634-1607**. Don't miss the delicious food, great entertainment and door prizes. Tickets are \$8.00.

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- **MOVIE & POPCORN:** This month come in to see 'GLORY ROAD' on **Wednesday, September 13th at 1:00 p.m.** Stars Josh Lucas, Damaine Radcliff, Jon Voight and Directed by James Gartner. The movie is a true story. It's racism in American sports. Specifically about a division I basketball team during the 1965-66 season. It tells the way basketball was changed by this game. Re-live the moments and tensions during this season. Come in to see which team takes home the NCAA title.

- **DISCUSSION GROUP:** Join us for our Discussion Group at **1:00 p.m. on Wednesday, September 20th**. This month our topic will be **"The Trip of Your Dream and Why"**. Everyone has dreams, let's hear about your dream trips. Come and join in the discussion.

- **CLOSING:** The Center will be closed on **Monday, September 4th** in observance of Labor Day.

- **SUICIDE PREVENTION WALK:** The Survivors of Suicide of Dubois County, Tri-Cap and Dubois County Mental Health Association will be holding their 1st Annual Suicide Prevention Walk on **Saturday, September 16th**. Pre-registration is \$10.00. Registration on the day of the walk will be \$15.00. Registration is required. You may contact Christine Vinson at 482-2233 with questions or to pre-register for the walk.



HAPPY SEPTEMBER BIRTHDAYS!!

2 nd	Louise Bonifer	15 th	Pauline Schnell
3 rd	Edwin Buchta	18 th	Betty Gehlhausen
3 rd	Dorothy Messmer	22 nd	Tom Fehribach
4 th	Leroy Frick	22 nd	Verona Prechtel
7 th	Jerry Summers	23 rd	Herb Welp
11 th	Pat Sermersheim	24 th	Marge Bohnert
12 th	Darlene Frick	27 th	Verlin Kenworthy
13 th	Shirley Hurst	28 th	Ellen Jochem
13 th	Wilma Lottes	30 th	Margie Ranger



HAPPY SEPTEMBER ANNIVERSARIES!

5 th	Mr. & Mrs. Jim Gramelspacher
8 th	Mr. & Mrs. Herb Welp
9 th	Mr. & Mrs. Alfred Coffey
11 th	Mr. & Mrs. Urban Eckert
13 th	Mr. & Mrs. Kenny Schepers
15 th	Mr. & Mrs. Chester Hanebutt
24 th	Mr. & Mrs. Linus Kluemper

- **AARP NEWS:** The Dubois County Chapter #1953 will hold their regular meeting on **Wednesday, September 13th at 1:30 p.m.** at the Arnold F. Habig Community Center. Our guest speaker will be Annette Marks from St. Charles Health Center. She will speak about The Independent Living Villas, activities and how V.A. Veterans can get help in paying on the Villas.
 - Board members meet at 1:00 p.m.